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VICKY MOCHAMA

'White guilt is good when it motivates you to do better'

Black Lives Matter activists look to make true allies out of white people with this Safety Pin Box
metroVIEWS

Plus

- How to tell your friends they're wrong to disparage the women's march
- Social upheaval produced these horror film gems

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ON THE MARCH

With Trump's inauguration looming, these A-list activists are bringing the fight to Washington
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metro NEWS

Your essential daily news

Prince Charles has co-authored a picture book on climate change.

Humans of Toronto by K. Omar

"The advice that I remember was my mom's. It is very simple, and from a very long time ago. She said to me 'Treat other people as you want to be treated.' Plain and simple, and I really maintained that all through my life, as much as I could. That allows you to try to be humble because everybody is equal, deserve to be listened to, considered or valued.

Humans of Toronto is K. Omar's social photography project aimed at photographing and talking to people in the city. Selections from her work feature weekly in Metro. See more at Humans of Toronto on Instagram.

Preserving Syria in art

HERITAGE

Young woman keeps memory of landmarks, people alive

Gilbert Ngabo
Metro | Toronto

A Toronto teenager has turned to art to ensure many of Syria's landmarks and revolutionary figures are not erased from the world's memory.

Sereen Aziz has been painting and sketching images of Syria's most famous sights, some of which have been destroyed or damaged in the country's ongoing civil war.

The 16-year-old was born in Toronto and has never been to Syria. But she's come to know the country's culture and history through her mother, who came to Toronto as an immigrant.

Seeing the degree of devastation in Syria through social media is "heartbreaking" for her.

"I want to show that there's still Syria even though it may have been destroyed and the war is still going on," she said. "It is very important to remember those famous landmarks and see the beauty of it."

Her paintings depict landmarks like the Aleppo Citadel — one of the largest and oldest castles in the world — and the Hama Water-wheel, known as Norias.

She's also sketched portraits of prominent people in the Syrian revolution, like famous soccer player-turned protest leader Abdul Baset Al-Sarout, and Toronto-based freelance journalist Ali Mustafa, who was killed in Aleppo in 2014.

Aziz's art has been displayed at fundraising events for Syrian refugees, and she plans to start selling some of the pieces for the same cause.

She's also been volunteering with young Syrian newcomers, helping arrange creative activities for them through the local Syrian-Canadian community.

"I think art can be therapeutic. I help them use art to have fun," she said.

Sereen Aziz with her Syrian artwork. EDUARDO LIMA/ METRO

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Two dead despite Vision Zero target

TORONTO'S DEADLY STREETS

Pedestrians remain at risk with city safety plan in place

Gilbert Ngabo
Metro | Toronto

It's only halfway through the first month of the year and Toronto's streets have already proven deadly for pedestrians.

While the city just rebranded its massive safety plan to reflect a Vision Zero target, pedestrians continue to be at high risk. Two people have succumbed to their injuries after being hit by drivers in the first two weeks of the year, according to information from Toronto police.

44

Throughout 2016, there were 44 pedestrian deaths on Toronto's streets while either walking or cycling, with many being seniors aged 65 or older. The total marks the deadliest year for pedestrians in 10 years.

In the morning of Jan. 3 an 80-year-old woman was passing through the Lower Sherbourne and Esplanade crosswalk when a 38-year-old driver of a Honda CRV struck her.

The pedestrian was taken to the hospital where she died on Jan. 11, according to a police release.

Another fatal incident happened in the evening of Jan. 8, when a 28-year-old man driving a Hyundai Elantra hit a 77-year-old woman. The accident took place at the intersection of Ellesmere Road and Mondeo Drive in Scarborough.

The pedestrian suffered life-threatening injuries and was taken to the hospital, where she died four days later on Jan. 12.

Toronto police traffic services spokesperson Clint Stibbe said Sunday there was no further information regarding the two incidents, and wouldn't say if anyone has been charged with anything.

Last year marked the deadliest year for the city's pedestrians on Toronto streets in over a decade.

Forty-four people were killed on the roads while walking or cycling, with more than two-thirds of the victims being seniors over 65.

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A red light camera at of Bayview Avenue at Truman Road.
KEITH BEATY/TORSTAR NEWS SERVICE

Red-light camera initiative expands

Toronto's red-light camera program is headed for a major expansion, a year after the devices appear to have resulted in a record number of charges against drivers.

Last week, Toronto officials announced plans that could see the number of cameras, currently installed at 77 locations across the city, effectively doubled. The expansion is being billed as part of the city's new $80-million road safety plan, which Mayor John Tory has championed with the aim of eliminating traffic deaths and serious injuries.

"I think the objective here is to get people to slow down and drive safely in school zones, seniors zones, places like that, to stop this carnage that's been happening on the roads and to get (the number of traffic deaths) down to zero," Tory said at a press conference last Tuesday, speaking in support of the cameras.

Last year, 77 drivers, car passengers, pedestrians and cyclists were killed on Toronto's streets, the highest number of traffic fatalities in more than a decade.

According to city transportation data, the red-light cameras, which allow authorities to remotely catch and ticket drivers who run red lights, were on track last year to net the most charges in any year since the program began.

The data covers the period from 2007 to the end of November 2016.

Extrapolated through to the end of last year, the numbers indicate the program was on track for 36,230 red-light charges in 2016, which would be a 23.7-per-cent increase over 2015 and 3.6 per cent more than the previous high of 34,969 charges recorded in 2012.

The intersection with the most charges last year was Bathurst Street and Davenport Road, which netted 2,490 tickets during the first 11 months of 2016.

TORSTAR NEWS SERVICE

IN BRIEF

Drivers to be denied new plates over unpaid fines

Speeding scofflaws in Ontario will soon be feeling extra pressure to pay outstanding fines, as the province gives municipalities the power to deny them licence plates.

Under changes the Liberal government is set to enact in May, people who have not paid fines for driving-based offences won't be able to get or renew their plates.

Municipalities in the province are owed a collective $1.4 billion in unpaid fines for provincial offences, including those under the Highway Traffic Act. Some of those fines date back 50 years and couldn't be feasibly collected, so the government is making the policy retroactive seven years. TORSTAR NEWS SERVICE

The cartoon faces of Raptors Kyle Lowry and DeMar DeRozan are the artistic creations of Madeleine Rotman. They're part of her efforts to drum up fan votes for the duo to be in the 2017 NBA All-Star weekend. CONTRIBUTED

All-Star art for Raptors

SPORTS

Student using cartoon skills to get votes for the big event

Gilbert Ngabo
Metro | Toronto

If the Raptors' guards make the cut for this year's NBA All-Star weekend, it'll be in large part thanks to unwavering support from devout fans.

One of those fans is 17-year-old Toronto devotee Madeleine Rotman.

The Grade 12 student at Toronto's Community Hebrew Academy has been at the front of a Raptors' campaign to collect online votes for the two local stars. Armed with her pen tablet and incredible sketching talents, she's been creating digital cartoons of both Kyle Lowry and DeMar DeRozan and capturing attention online.

The team commissioned her artwork, and the cartoons of the two All-Stars have been featured on T-shirts, hats and posters that have become ubiquitous in the city as part of the voting campaign.

While the voting process ends at midnight Monday, Rotman — a staunch Raptors fan since childhood — has no doubt the team's dynamic duo will find their spots in New Orleans next month.

"They are two amazing leaders that have really carried our team over the past years," she said.

Lowry has been a starter for the past two All-Star events, and both he and DeRozan were part of last year's mid-season celebrations hosted in Toronto.

As in the past, local politicians, celebrities and organizations have thrown their support behind the #NBAVote mantra to help push stars into the spotlight.

While the recent tally returns showed both Lowry and DeRozan on the outside of the starting lineup, Rotman still believes their hard work will be rewarded.

"It's inspiring how consistent the team has been in the past few years and how they are slowly getting better and becoming one of the top teams," she said.

"They have stayed loyal to Toronto, so we need to show them how much we love them here."

CAST A BALLOT

- Anyone can cast a ballot by tweeting the name of a player with the hashtag #NBAVote.
- Fans can also vote on nba.com/vote.
- Voting ends midnight Monday, and starters for the All-Star game will be announced Thursday.

DESIGN OFFSITE

Furniture hackers ignore IKEA manual

Luke Simcoe
Metro | Toronto

Good design is about more than fancy chairs and minimalist typefaces.

The Toronto Design Offsite Festival began in 2011 as a showcase for art and design dedicated to making our city more beautiful, livable and inclusive. To celebrate Design Offsite's seventh year, Metro Creative Director Jason Logan has handpicked exhibitions to check out. The festival kicks off today. Here's Metro's final pick.

OTHER PICKS

- Blindfolded walking tour
- Compact Living
- Ojibway Quillwork
- Do Design: StopGap Foundation

Check todesignoffsite.com for details on each.

IKEA Hacking: The cure for the common designer

Attendees at this tongue-in-cheek workshop will learn about the history and business of the furniture giant IKEA, and see what happens when you throw out the instructions prior to assembly. The workshop takes place from 1 p.m. to 3 p.m. on Jan. 22 at the Assembly Hall at 1 Colonel Samuel Smith Park Dr. in Etobicoke.

METRO PICKS

Renegade furniture assemblers are 'hacking' IKEA products. CONTRIBUTED

Wisdom for those of all ages: 'Make time'

LOVE STORIES

Seniors give advice on love for film project

Gilbert Ngabo
Metro | Toronto

At 89, Doug Peters still enjoys a good wisecrack, especially if it's directed at his 75-year-old wife Joan Thomas.

"You know, the joke in our family is that Joan always loved to care for elderly people, which is me," he said Sunday as he glanced at his partner of 12 years.

"That's just one of his dumb jokes," Thomas quipped.

Dumb or not, the couple says those kind of lively interactions are part of what's kept their relationship going. They are among 19 other seniors opening up about the secret to a successful love life through the Age Is More initiative.

Reel Youth director Mark Vonesch, left, watches some of the footage filmed by Farangi Masumova, right, with Doug Peters and his wife Joan Thomas. EDUARDO LIMA/METRO

The project is a partnership between The Revera, a retirement home, and Reel Youth, a local charity working with young people to tell stories through film.

While the project intends to bridge the gap between the old and young, it's also an attempt to break down stereotypes about ageism.

"Their age amazes me," said Farangi Masumova, a 20-year-old psychology student at York University who is filming and editing the couple's story. "They still have such passion for life. I want to be like them."

It's as if both Peters and Thomas were meant to be together. They both grew up in India and were married to other people. But life brought them together after they lost their partners around 2000, and they married each other in 2005.

Through the initiative, the couple shares insights on how avoiding too much technology, developing common interests and doing things together make a recipe for a successful relationship.

They spend time dancing and going to karaoke as a couple. They even go to the choir, where Peters is a renowned clarinet player.

"You've got to make time for each other," said Thomas. "The problem is that there's just too much stress for young people now. It's really sad."

HEALTH

Mentally ill facing tax credit barriers

Delusions, depression, reckless behaviour.

The symptoms of Patti Gardner's bipolar disorder make it nearly impossible for her to perform many simple functions of daily life.

She can't work, she can't socialize with people, she struggles to make financial decisions or big purchases, she says. She just can't trust herself.

"I think of bipolar disorder as trying to ride a bucking bronco all the time," she says. "You have to be careful because it's going to try to get away from you whenever it has a chance."

Gardner says the impediments caused by her mental illness could qualify her for the Canada Revenue Agency's Disability Tax Credit — potentially worth thousands of dollars per year.

But Gardner, who already receives a disability pension from the federal government, says she can't find a doctor who will approve her application.

There are many Canadians with serious mental illness who, experts say, are missing out on benefits and tax breaks because of the way doctors interpret CRA requirements, which can seem to favour the physical over the psychological.

Patti Gardner RICHARD LAUTENS/ TORSTAR NEWS SERVICE

Dr. Ariel Shafro, a psychiatrist who has treated Gardner, says the criteria for the Disability Tax Credit does not reflect the way in which people with severe mental illness experience impairments.

"This (tax credit) form is one of the many examples in which stigma and a lack of understanding about mental illness acts as a barrier to patients who are unable to access services that would help them in their recovery," Shafro says in a written statement.

"It is my hope that this antiquated criteria can be improved to reflect the real experience of those suffering from mental illness, to validate their experiences, and support them in their recovery."

TORSTAR NEWS SERVICE

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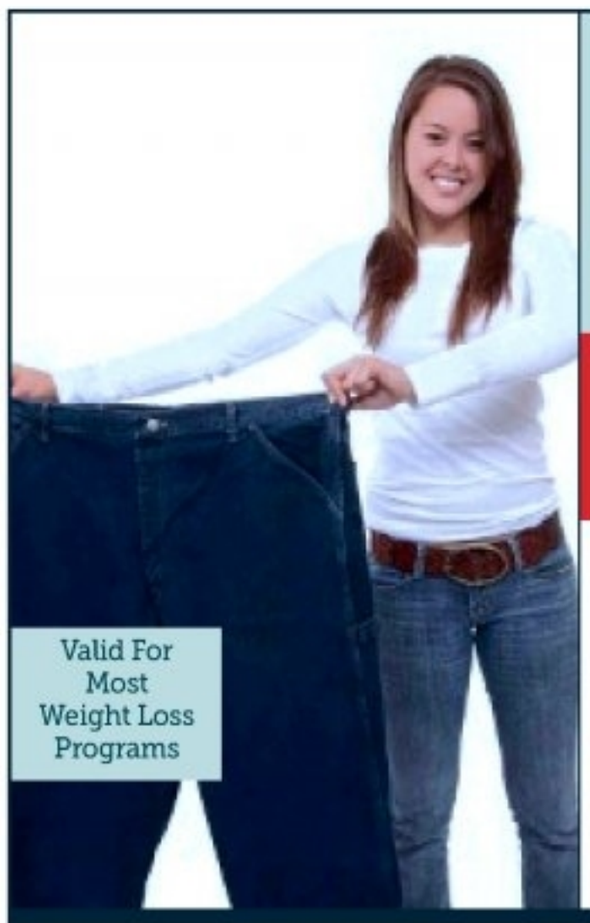

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Warren vs. Trump

U.S. POLITICS

President-elect's top Democratic foil embracing the fight

Donald Trump's election has propelled Sen. Elizabeth Warren into an even sharper partisan spotlight as she embraces her role as a top Democratic foil to the Republican president-elect.

In just the past few weeks, Warren has penned a scathing 16-page critique of Trump's nominee for education secretary, Betsy DeVos; grilled his pick for housing secretary, Ben Carson; co-sponsored legislation requiring the president and vice-president to disclose and divest any potential financial conflicts of interest; and signed onto legislation to block the creation of a federal religious registry.

The Massachusetts Democrat is leaning on every lever of power she has — from her fundraising prowess to her social media accounts — to position herself as a leading voice of a party in political exile.

"My priorities haven't changes since the day I got into office," Warren said.

Sen. Elizabeth Warren has pushed back against several of President-elect Donald Trump's decisions in just the past few weeks. GETTY IMAGES; THE ASSOCIATED PRESS

"I see my job as making sure the voices of ordinary people aren't drowned out in Washington by those who have money and power."

Her list of grievances with Trump is long and growing longer.

But in a shift from the campaign, when Warren lobbed Twitter grenade after Twitter grenade to get under Trump's skin, she says her criticism is now more focused on her top priority: the economic well-being of middle- and working-class families.

She has excoriated Trump's pick for Treasury secretary, Steven Mnuchin, saying he profited from the foreclosure crisis; called out Trump's Department of Labor nominee, fast food entrepreneur Andrew Puzder, after hearing from workers who said they were underpaid, had their wages stolen, and were forced to work in unsafe conditions; and vowed to fight to protect President Barack Obama's healthcare law and preserve the Consumer Financial Protection Bureau, which she helped create.

"The Republicans have put us on the path to repealing the ACA (Affordable Care Act), and that will make a profound difference in the lives of millions of Americans," Warren said. "I'm all for making the ACA better, but not for throwing it out. What the Republicans are doing is irresponsible and cruel."

Warren won't say whether she is prepping for a possible 2020 run for president, although she has announced plans to run for re-election in 2018, making the case for a second term in part by again pointing to "Donald Trump and his team of billionaires, bigots, and Wall Street bankers" in an email to supporters.

THE ASSOCIATED PRESS

DONALD DIGEST

A roundup of other news about the president-elect

Outgoing CIA chief rips into Trump on Russia threat

The outgoing CIA director charged on Sunday that Donald Trump lacks a full understanding of the threat Moscow poses to the United States, delivering a public lecture to the president-elect that further highlighted the bitter state of Trump's relations with American intelligence agencies.

Kremlin counts days to inauguration, blasts Obama

With eager anticipation, the Kremlin is counting the days to Donald Trump's inauguration and venting its anger at Barack Obama's outgoing administration, no holds barred.

Russian officials dropped all decorum after Obama hit Moscow with more sanctions in his final weeks in office, calling Obama's team a "bunch of geopolitical losers."

Thousands rally to resist health law repeal drive

Thousands of people showed up in freezing temperatures on Sunday in Michigan to hear Sen. Bernie Sanders denounce Republican efforts to repeal President Barack Obama's health care law, one of dozens of rallies Democrats staged across the country to highlight opposition.

THE ASSOCIATED PRESS

White House media corps could be relocated

Routine media access to the White House could be a thing of the past under Donald Trump's presidency, with top officials of the incoming administration saying Sunday that they're exploring more spacious options nearby.

The news, first reported Sunday, raised alarms that it was the end to the longstanding tradition of daily press briefings in the White House.

THE ASSOCIATED PRESS

FIRST NATIONS

Indigenous voices on pipelines

A new program in the works at Alberta's research and development agency aims to improve pipeline monitoring and spill response by enlisting more indigenous people.

Hundreds of thousands of kilometres of oil and gas pipes criss-cross the province, many in remote areas near the homes of First Nations and Metis people.

Ecologist Shauna-Lee Chai is hoping to get some traction for a feasibility study in the coming months into indigenous monitoring.

"We thought that this made perfect sense just because indigenous people have strong ties to the land," said Chai, who is with InnoTech Alberta, a subsidiary of the Crown corporation Alberta Innovates.

"They're often boots on the ground. They spend a good part of their day, many of them, practising their traditional rites: hunting, fishing, collecting berries and medicines."

InnoTech expects the first phase of a feasibility study would include reviews of existing industry practices and training programs, the design of a "pipeline monitoring 101" program and a market survey to determine job potential for trainees.

The next phase could involve training 10 to 15 indigenous people from at least three communities.

Alberta has a program in the works that aims to improve pipeline monitoring by enlisting indigenous people in the effort. JEFF MCINTOSH/THE CANADIAN PRESS

"If we could reduce the response time in people finding these leaks and affecting some sort of first response, I think that would go a far way," said Chai, who added participants could be taught to use drones or sniffer dogs to help detect pipeline problems.

> **They know the land better than anybody.**
> Byron Bates

Ron Mistafa, a dog trainer who spent several years in the Calgary police K-9 unit, said Chai approached him about getting involved in the nascent project.

"There's enough work and enough pipeline, especially old pipelines, to keep everybody busy," said Mistafa, head of Detector Dog Services International.

Byron Bates, a councillor with the Fort McMurray #468 First Nation, said getting indigenous people more involved sounds like a good idea.

"If this is land that their families have lived on for thousands of years, they know the land better than anybody," he said.

The community understands first-hand what can happen when something goes wrong with a nearby pipeline. In July 2015, a year-old pipeline ruptured at Nexen Energy's Long Lake oilsands site and spilled about five million litres of bitumen. THE CANADIAN PRESS

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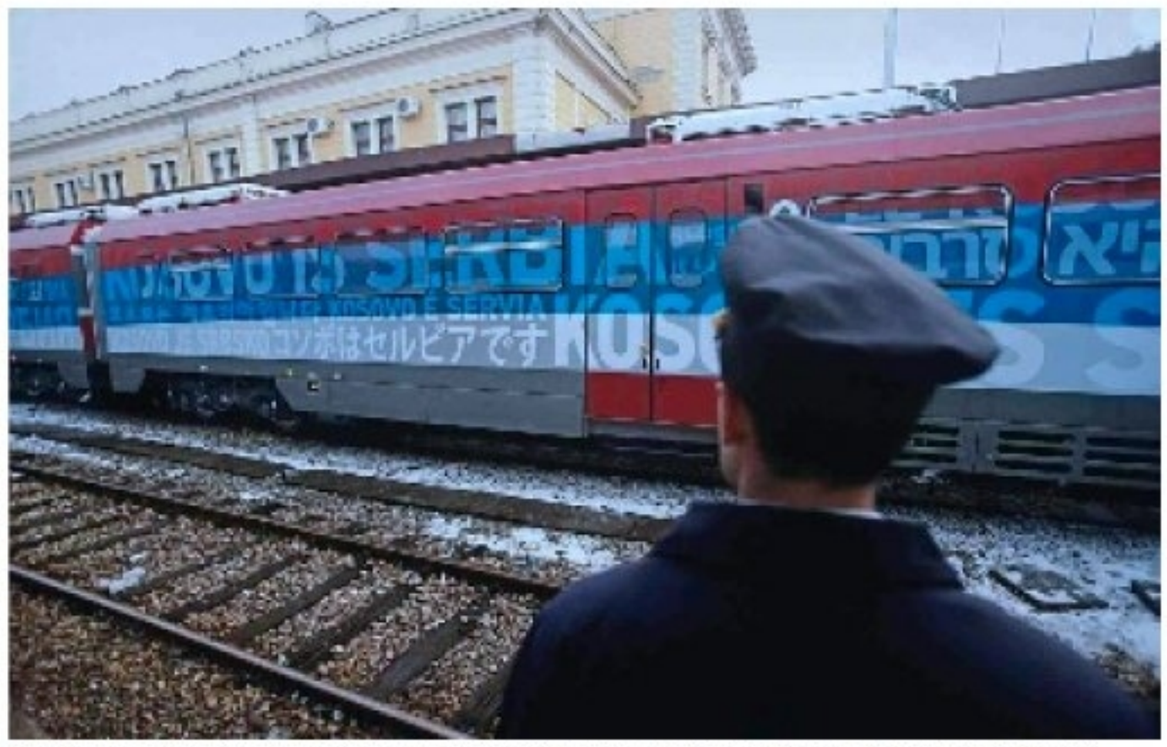

A railroad worker stands by a train decorated with letters that read "Kosovo is Serbian" written in twenty languages at Belgrade's railway station, Serbia, on Saturday. DARKO VOJINOVIC/THE ASSOCIATED PRESS

Train sets off a crisis in Balkans

EUROPE

Kosovo accused by Serbia of 'wanting war'

A Serbian train halted at the border with Kosovo and bearing signs reading "Kosovo is Serbian," has fuelled a major crisis in the Balkans and escalated a potential Russia-West row over dominance in the heart of the war-torn region.

Serbia accused Kosovo's leaders on Sunday of "wanting war" and warned that it would defend "every inch" of its territory, a day after the train, provocatively decorated in Serbian Christian Orthodox symbols and flags, was prevented from entering the neighbouring nation.

Kosovo, supported by much of the West, declared independence from Serbia in 2008. But, Serbia and its Slavic Orthodox ally, Russia, do not recognize the split.

Serbia has sought to maintain influence in Kosovo's north, where most of the country's Serb minority lives. NATO-led troops have controlled Kosovo's borders since a three-month air war in 1999 to stop a bloody Serbian crackdown against ethnic Albanian separatists.

Serbian President Tomislav Nikolic issued the warning Sunday after the passenger train, inscribed with "Kosovo is Serbian" in 20 languages and painted in the colours of the Serbian flag, was prevented from crossing into Kosovo, where his government contends ethnic Serbs are under threat from Kosovo Albanians.

"Yesterday, we were on the verge of clashes," Nikolic said in the strongest rhetoric since the NATO-led troops took control of Kosovo's borders in 1999.

Kosovo Prime Minister Isa Mustafa said he had contacted the United States and the European Union to express his country's concerns. THE ASSOCIATED PRESS

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metro VIEWS
METRO FOCUS ON ACTIVISM!
Your essential daily news
Monday, January 16, 2017

In turbulent times, some people take a stand. This week, Metro is dedicating this page to activism in a testament to those who are willing to act, and not just talk, when it's needed the most.

URBAN ETIQUETTE **ELLEN VANSTONE**

THE QUESTION

How do I tell my friends that they're wrong to disparage the Women's March in Washington?

Dear Ellen,

When I heard about the Women's March in Washington on January 21, I immediately signed up and thought all my friends would too. But some of them think it's a silly idea. How do I politely tell them they're wrong, and that all people should be mobilizing for women's rights?

Maddie

Dear Maddie,

Indeed. I'm constantly shocked when people I'm close to don't agree with my point of view. I feel the world would be a much better place if everyone thought and acted as I did — though I admit there would be less fine cooking and probably way too many people cutting their own hair.

I too signed up for the women's march the second I heard about it. And even if going to Washington isn't feasible, or affordable, for some, I figured every reasonable, decent person I knew would want to support the march, or join a local event in support of it, or at least "like" the effort on Facebook.

Nope. Not only did some friends reject the idea, my best friend from Grade 1, who moved to the U.S. years ago, told me on Facebook that she voted for Trump.

Before the election, I would've argued with her, or at least cut her off. Since the election, I've reconsidered my approach. I'm not as smug as I used to be. I'm really sick of angry divisiveness. Instead of clobbering people with my superior beliefs, or acidly mocking theirs, I figure it's time to stop talking and start acting in a way that might do some good in the world.

So while I don't understand how my otherwise reasonable, decent American friend could support such an unreasonable, indecent candidate, I'm ready to listen to her reasons if she ever wants to discuss them with me.

In the meantime, I'll march in Washington this Saturday — not as an act of dissent or display of anger. But in an effort to promote the values that so many people before us have fought and too often died for.

I'll march to draw attention to the "women's" issues that actually affect men. As former UN Secretary General Kofi Annan once pointed out, gender equality is good for men and women: "Families are healthier, they are better fed, their income, savings and reinvestment go up."

I'll march as a role model so girls and boys can see people standing up for what they believe in in a democratic society.

I'll march because this event isn't just about sexism; it's also about the damage our patriarchy does to people of colour, and to individuals who are gay, lesbian, transgender, disabled.

I'll march as a message to the Trump knock-offs in Canada who are currently vying to lead the Conservative Party. I won't give them any free ink by naming them here.

So, Maddie, don't worry about friends who don't understand. Those of us who do march will help spread a message of strength and hope for women, men and children of every stripe, everywhere.

FIELD GUIDE An activist needs an active mind

Social movements involve action but also learning and study. In his book Learning Activism, Prof. Aziz Choudry of McGill University argues intellectual work in social movements is underappreciated, and that anyone who wants to fight for change needs to first find "access to what others have learned, in the past, or elsewhere, from a different positioning in society."

VICKY MOCHAMA

In case of apathy, open this box

When George Zimmerman was found not guilty of the murder of Trayvon Martin, I was furious. Not at the verdict but at the people around me.

(The verdict seemed oddly foretold; black people's weariness and skepticism of the justice system isn't a matter of cultural indifference but of evidence-based policy.)

The people around me at the time — most of them white — were silent and remained so while I embarked on a reckoning. Twitter, where I had been following the trial, became my classroom. Black people became my teachers. Black women, especially, gave colour and context to experiences I had dealt with my whole life.

But my white friends — smart, kind, humane people — had been left behind. Which is why I was intrigued by the premise of Safety Pin Box. Created by two Black Lives Matter activists from Seattle, Safety Pin Box is a monthly subscription service that is trying to develop true allies out of white people. Building on the idea that safety pins could be worn as symbols of safety and allyship, the company wants to turn away from symbolic gestures and towards real actions toward cultural change.

I spoke to Marissa Johnson, one of the company's founders. "It's not policy that drives social change," she said. "It's culture. What we're really trying to do is change the culture and change the social norms around white."

The company's creators have taken from their activism — Johnson once disrupted a Bernie Sanders speech to speak out against police brutality — and woven it into the fabric of Safety Pin box.

Each month, subscribers receive a series of tasks and questions designed around a theme related to black political life. One example Johnson gave was of an elderly black women. By asking questions — "Where are older black women in your community? Where do they spend time?" — they highlighted an often overlooked contingent of the black activist community. As a result, Johnson said one subscriber, an Uber driver, now offered free rides to elderly black women when he could.

Safety Pin box isn't the only company to form around activist ideas. Noir Reads is a recently launched subscription service that delivers books by black authors from across the globe. Signalling one's politics for a profit isn't revolutionary: let she who did not wear a Che Guevara shirt throughout high school cast the first stone. But to do so in a way that deepens and continues the fight for radical change is.

As Johnson says, "White guilt is good when it motivates you to do better."

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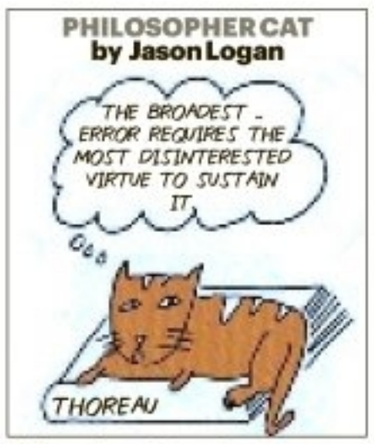

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With a median household income of $40,581, millennials earn 20 per cent less than boomers did at the same stage of life, according to new analysis.

Reel politics of horror movies

CULTURE

Best genre films made in time of social upheaval

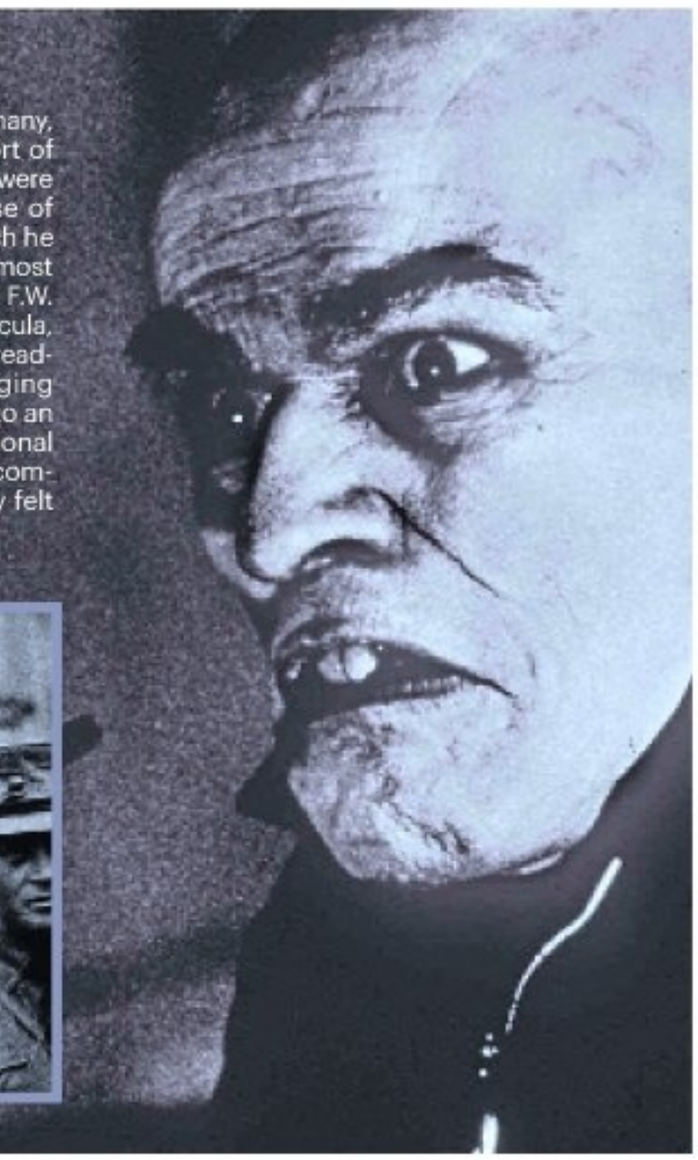
Chris Alexander
For Metro Canada

There are a great number of human beings on the face of this planet who are dreading Jan. 20. For them, the day represents an affirmation that, despite the progress we've made globally as a civilization, a certain kind of regressive thinking has trumped all. On Inauguration Day, an allegedly sexist, xenophobic, socially volatile Twitter bully becomes the leader of the free world.

While you cannot rightly predict the future, a majority of those in the arts are aghast at what may come. The good news: when creative-types are afraid, their juices start-a-flowing. And, if said types just happen to make horror movies, well, buckle up, suckers! Horror history has proven the greatest and most influential movies in the genre sprout up when there is social and political unrest.

Rise of Hitler

During the early days of cinema in Germany, when filmmakers were inventing a sort of style later dubbed "expressionist," they were mirroring their anxieties over the rise of **Adolph Hitler** and his Nazi Party, which he became leader of in 1921. One of the most influential films from this period was F.W. Murnau's nightmarish adaptation of Dracula, 1922's **Nosferatu**, which features the dreaded Count Orlock (Max Shreck) bringing death, misery and rat-spread plague to an unsuspecting people. Whether intentional or not, the vampire exemplifies the coming of evil and how powerless society felt to stop its rise.



MOVIE IMAGES: HANDOUT PHOTOS. ALL OTHERS PHOTOGRAPHS: GETTY IMAGES

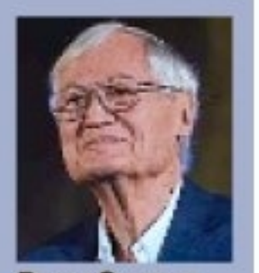
Today's anxieties

B-Movie legend Roger Corman has just released the film Death Race 2050, a violent, satirical sequel to his equally outrageous 1975 cult favourite Death Race 2000. Both films depict a blood-hungry, disenfranchised America addicted to a car-racing game show that sees its WWE-esque driver/gladiators mowing down the weakest pedestrians for extra points and audience enthusiasm.

"I felt the time was right for another Death Race," 90-year-old Corman said about the film, which features a Donald Trump-esque dictator (played by a comb-over sporting Malcolm McDowell) lording over the country, now called The United Corporations of America. "I am worried about what is happening now, let's put it that way. But I believe in the Constitution. I believe strongly that the values of the American Constitution will prevail."

Since Corman, who has made hundreds of movies over the past 60 years, has seen numerous governments and politicians rise and fall, we are cautiously optimistic he's right.

No matter what happens, many film fans are intrigued to see the inevitable wave of confrontational and reflective horror films to come — like Jordan Peele's race-based shocker Get Out, in which a young black man becomes trapped in a secret white suburb that turns its African American residents into mindless, grinning drones; or the socio-political zombie movie The Girl With All the Gifts, wherein a dying world under siege by a fungal zombie plague uses its infected children as test subjects and worse; and the health-care allegory A Cure For Wellness, in which a sinister high-end spa keeps its patients deathly sick so that they'll never, ever leave. The world may be going mad, but macabre moviemaking is alive and thriving.



Roger Corman

World War II

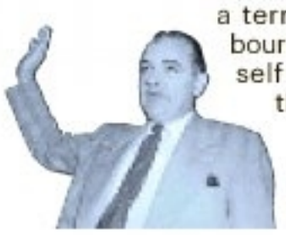
While Hitler was taking over Europe in the 1930s, many of the key expressionist filmmakers in Germany fled to Hollywood, where they were hired to make the first wave of American horror films. They included cinematographer Karl Fruend who would direct such essential films as 1932's **The Mummy** (the likes of which will see a remake released this year). Though more romantic in nature, the monster movies of the 1930s tapped into the unease of a country that feared that transformation was coming, that the Frankenstein monster was a First World War-defeated Germany rising to get revenge.

Post War

As the Second World War progressed, the supernatural horror film gave birth to the morally ambiguous and wildly cynical films of the "noir" subgenre, in which human monsters were a far more urgent threat on the home front. **When the war ended with a nuclear explosion**, the Japanese gave us **Godzilla** (1954), a long-dormant, city-levelling mutant woken up by the bombing of Hiroshima. America answered with their own brand of radiated beasts, like the giant ants in 1954's Them and an endless spate of apocalyptic horrors that only got more savage as the Cold War raged and fears of impending nuclear holocaust became a palpable reality.

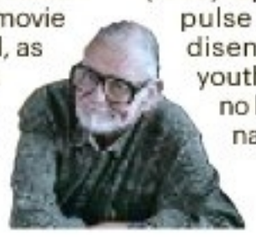
The Red Scare

With the Cold War came **Senator Joseph McCarthy's communist witch hunt** and the terror of losing one's identity. On screens were paranoid "alien invasion" movies like 1956's **Invasion of the Body Snatchers** (with "pod people" de-humanizing average citizens) and later Rod Serling's influential TV series The Twilight Zone, which features such episodes as The Monsters are Due on Maple Street, where a terrified neighbourhood tears itself apart when the lights go out and their machines stop working.



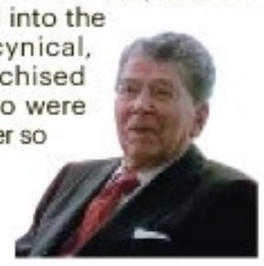
Vietnam War

With the start of the Vietnam War, American families were treated to daily scenes of death and misery in their homes on the six o'clock news. The Civil Rights movement swelled too, with the lid ripped off the seething sheen of racism that lurked everywhere. Horror films answered the reflective mood. **George A. Romero's landmark 1968 horror movie Night of the Living Dead** had an African American hero who is killed at the climax. Though Romero claims the movie was not intentionally political, as he was driving to New York for its premiere, he turned on the radio to learn that Martin Luther King had been assassinated. Intentional or not, art was reflecting life.



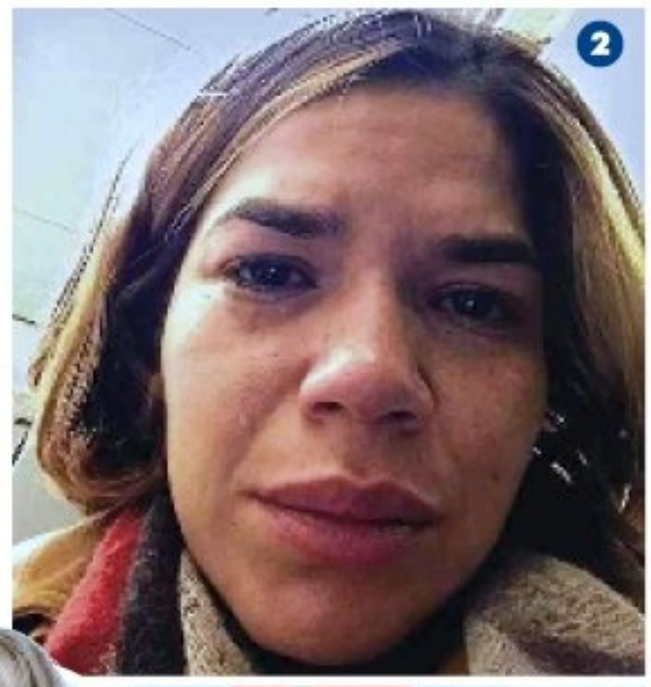
'80s and '90s

Despite the ire raised by angry censors and religious groups, the slasher movies of the **Ronald Reagan**-era 1980s (like Friday the 13th and **Nightmare on Elm Street**) were in fact incredibly conservative. In them, young people who transgress and sneer at conservative values are cut to ribbons while only the virginal and virtuous survive. In the 1990s, with George H.W. Bush and the Gulf War, Scream (1996) tapped into the pulse of cynical, disenfranchised youth who were no longer so naïve.



Celebs set to march for women

Celebrities may be dropping out of Donald Trump's inauguration faster than you can say "social media backlash," but Hollywood is turning out in force for the Women's March on Washington. Here are the most notable names, and some influential Canadians, who will make their voices heard in Washington D.C. and at local marches on Jan. 21. **GENNA BUCK/METRO, WITH FILES FROM AP**



1. Katy Perry

The Firework singer, who stumped for Hillary Clinton during her campaign, declared on Twitter "SISTERS ARE DOIN' IT FOR THEMSELVES!" as she announced her plans to attend the march.

2. America Ferrera

The Superstore actress took this selfie that shows tears on her face after Trump got elected, saying she was experiencing grief and sadness. Ferrera has since mobilized into action, once again. On Saturday she Instagrammed this poster with the caption "My brown, immigrant, vagina-having ass will be there!"

She will chair the artist table at the march in D.C. "As artists, women, and most importantly dedicated Americans, it is critical that we stand together in solidarity for the protection, dignity and rights of our communities," she said in a statement.

3. Chelsea Handler

The TV host and veteran stand-up comic will lead a sister march in Park City, Utah, one of hundreds of solidarity marches planned around the United States and the world.

4. Amy Schumer

This politically outspoken comedy darling called Trump a "an orange, sexual-assaulting, fake-college-starting monster" at one of her shows. She Instagrammed a photo of herself wearing Pussyhat Project gear last week, writing "See you at the march!"

5. Scarlett Johansson

The Avengers actor is a longtime supporter of Planned Parenthood. She told Variety that attacks on reproductive choice from Trump and Republicans are "pretty terrifying." She said she's attending the march to make her voice heard and stand up for what she believes in.

NOTABLE CANADIANS SUPPORTING THE MARCHES

Francyne Joe
The head of the National Native Women's Association of Canada is speaking in Ottawa.

Béatrice Vaugrante
The general director of Amnesty International Canada will speak in Montreal.

Nasra Adem
Edmonton's Youth Poet Laureate and curator of Sister 2 Sister arts collective will share a poem in Edmonton.

Social media
Former Torontonian Samantha Bee is reportedly attending in D.C.; singer k.d. lang is marching in Calgary; while actor Pamela Anderson and singer Joel Plaskett have tweeted support for the marches.

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When it comes to renovations, experts say one area where you should never skimp on is a reputable contractor. ISTOCK

Reno rule: Hope for the best, plan for the worst

ADVICE

Why rushing in is a bad idea — whether it's a big or small job

Ali Bisram has less-than-fond memories of her basement bathroom renovation project.

"It was supposed to be around $2,500 to $3,000. We just wanted to replace the toilet and the vanity and put in a smaller shower, a little corner unit," says Bisram, a 35-year-old government administrative co-ordinator in Brampton, Ont.

"But when you open up the walls inside a 120-year-old home you don't know what you'll find."

Problems included a toilet with unconnected "Frankenstein plumbing" flushing directly into the ground, not to mention the uninsulated speaker cables masquerading as house wiring discovered beneath the demoed shower wall.

Two years and about $20,000 later the renovation was completed, during which Bisram and her wife had the work done in instalments to keep up with the escalating costs.

Bisram says she learned a key lesson about budgeting for any future home renos: Hope for the best, but plan for the worst.

For Adam Mernick, a general contractor and owner of Inglewood Restorations Ltd. in Toronto, any project he tackles must include contingency costs of 30 to 50 per cent to cover issues that crop up.

"I always go into it assuming there will be structural, plumbing and electrical problems," he says. "If you're hiring a contractor you need someone who is going to be honest and upfront and not try to promise you the moon during the first meeting. If a price sounds too good to be true it probably is."

Mernick's advice is to get at least three quotes from different insured contractors to get a sense of what a project should cost — accounting for everything from materials and labour to licensing and permits, as well as potential problems.

Often home owners don't have realistic expectations when it comes to the actual cost of a project, adds Toronto-based interior designer Lisa Canning.

"I do a lot of two-hour consultations with people who want to start a kitchen renovation. My first question always is 'what's your budget?' The response I get is big, glassy eyes. The hadn't even thought about it," she says.

> **If a price sounds too good to be true, it probably is.**
> Adam Mernick, contractor

Canning says it's only after a reasonable budget has been established that you can actually starting planning.

"Even if your kitchen budget is small, we can get creative so you can afford a beautiful countertop like stone or marble," she says, noting that savings could be made by opting for less expensive cabinets instead of custom made.

Doing rudimentary demolition on your own, such as taking down drywall or removing old cabinets with a sledgehammer, is another way to trim a budget, she adds.

But if you still find your dream reno is out of reach after exhausting all your options, both Canning and Mernick advise putting it on hold while you save more money.

"If you're making your home safe that's a priority, but if you're renovating just because you want to there's no urgency," Canning says. THE CANADIAN PRESS

5 Fun and free things to do in Toronto

Don't forego fun just because you're on a January budget. Here's a list of awesome things to do while you tighten purse strings. TORSTAR NEWS SERVICE

1 Garden party

Have a soft spot for exotic tropical plants? Tired of winter weather? Visit **Allan Gardens Conservatory**, a giant greenhouse that's more than a century old.

2 Wrap up and go wild

Bundle up and go for a stroll in **High Park** — and make sure you check out the **zoo**. The popular Toronto site is open 7 a.m. to dusk, and it houses animals such as llamas, bison, emus, peacocks, and reindeer.

3 Outrun winter

Looking for a way to get fit and socialize? The Running Room offers free **group runs** at all of its Toronto locations on Wednesdays at 6:30 p.m. and Sundays at 8:30 a.m. Or why not be a tourist in your own town and check out an awesome **free walking tour**.

4 Legislate for exploration

Free tours of Ontario's Legislative buildings are offered Monday to Friday. And there's not just one option: tours are offered on art and architecture, citizenship, buildings, and inside and outside the building.

5 Priceless art

Wednesday night is a great time to check out the **Art Gallery of Ontario** for many reasons — but mainly because admission is free. Anyone interested in seeing the permanent collections between 6 and 9 p.m. can pay nothing, so there's really no excuse not to check it out.

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metro SPORTS

"There are certain games that you want to get up more so than others": The Warriors' Draymond Green on tonight's game in Cleveland vs. the Cavs

Pack deliver in the clutch

NFL PLAYOFFS

Green Bay ousts Dallas on last-second field goal

Aaron Rodgers didn't need another Hail Mary this time.

Maybe just call it a "Half Mary."

Rodgers threw a 36-yard pass to a toe-dragging Jared Cook on the sideline, and Mason Crosby kicked a 51-yard field goal on the next play as time expired, sending the Packers to the NFC championship game with their eighth straight win while thwarting a Dallas rally in a 34-31 victory in the divisional round of the playoffs Sunday.

The throw on the run from Rodgers to Cook came on third-and-20 with 12 seconds left, and after the Cowboys tied the score twice in the final 4:08 after trailing by 18 in the first half and by 15 to start the fourth quarter.

"I love the opportunity to go out there and make plays," said Rodgers, who threw for two touchdowns to give him 21 during the winning streak, although he threw his first interception during the run.

"I was disappointed we had a chance there at 28-13 to go up three scores and make it really difficult for 'em and I threw a pick there on third down. We were able to come down and have two good drives toward the end of the game."

Dallas' rally was led by rookie sensations Dak Prescott and Ezekiel Elliott in their playoff debuts, and the first two career post-season touchdown catches for star receiver Dez Bryant along with the first for 14th-year tight end Jason Witten.

"We're not going to stop no matter what the score is, no matter the game," Prescott said. "It shows the true character of this team."

Crosby's winner was the third field goal of more than 50 yards in the final 1:33 — two from Crosby and one from Dallas' Dan Bailey. And Crosby had to make the winner twice after Dallas coach Jason Garrett called timeout before the first attempt.

"It's kind of a blur right now," Crosby said. "When we have 35 seconds on the clock and that our offence can move the ball into field goal range and a manageable kick, that's just special."

Rodgers, who sparked last week's wild-card win over the New York Giants with another Hail Mary before halftime, is headed to an MVP showdown with Atlanta's Matt Ryan next Sunday. It will be Rodgers' third NFC title game — all on the road for Green Bay (12-6).

Prescott, whose 11-game winning streak during the regular season sent Tony Romo to the bench when he returned from a pre-season back injury, rallied the Cowboys in a way that probably made Dallas' 10-year starter proud.

The Cowboys (13-4) almost became the third team in the Super Bowl era to win in the playoffs after trailing by 15 in the fourth. The first was Dallas in 1972, when "Captain Comeback," Roger Staubach, rallied the Cowboys in San Francisco.

Instead, top-seeded Dallas ended up with its fifth straight loss in the divisional round and a 21-year drought in trips to the NFC championship game.

THE ASSOCIATED PRESS

Mason Crosby of the Packers kicks the game-winning field goal during an NFC divisional-round playoff game against the Cowboys on Sunday in Arlington, Texas. RONALD MARTINEZ/GETTY IMAGES

SUNDAY In Arlington

34	31

NBA

DeRozan, Lowry efficient for Raps

Late in the third quarter Sunday afternoon, Kyle Lowry threw his arms in the air gesturing the Air Canada Centre crowd to stand up and cheer.

The fans needed little prodding.

Lowry had just fed DeMar DeRozan for a driving dunk as part of a thoroughly dominant third-quarter performance by the Toronto Raptors, en route to a 116-101 victory over a horrible New York Knicks team.

SUNDAY In Toronto

116	101
RAPTORS	KNICKS

With their 27th victory coming one game before the midway point of the NBA season, the Raptors are guaranteed of at least tying their best first half in franchise history: 27-14 in 2014-15. And they've already topped the 26 wins they had at the midway point last season en route to a franchise-best 49-win regular season.

DeRozan finished with 23 points, while Lowry had 16 to go with nine assists, in just 28 minutes of action apiece. The two all-stars spent the fourth quarter on the bench.

Carmelo Anthony had 18 points to top the Knicks.

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PRO WRESTLING

WWF legend Snuka succumbs to cancer

Colin McNeil
Metro | Toronto

Professional wrestling legend Jimmy (Superfly) Snuka has died at the age of 73 from stomach cancer, according to reports.

Best known for his tenure in the then-World Wrestling Federation during the 1980s, the high-flying Fijian shot to fame for his acrobatic moves, bodybuilder-style physique, and on-screen feuds with fellow wrestling stars like Rowdy Roddy Piper.

He was inducted into the WWE hall of fame in 1996.

Snuka made headlines later in life for his alleged connection to the 1983 death of his girlfriend, which authorities suspected was a homicide. Snuka was arrested and charged with third-degree murder in 2015, but the charges were dismissed when the former wrestler was deemed unfit to stand trial due to ill health.

IN BRIEF

Caps cruise past Philly

Justin Williams and Matt Niskanen each scored two goals and Philipp Grubauer stopped all 24 shots he faced and the Washington Capitals extended their winning streak to nine in convincing fashion by crushing the Philadelphia Flyers 5-0 Sunday.

The Capitals lead the NHL with 63 points and have outscored their opponents.

THE ASSOCIATED PRESS

Halep ousted early on Day 1 at Australian Open

Simona Halep was the first seeded women's player to lose at the Australian Open — in the first match at Rod Laver Arena in Melbourne.

American Shelby Rogers defeated the No. 4 Romanian 6-3, 6-1, saving the only break point she faced from Halep and breaking her opponent four times.

THE ASSOCIATED PRESS

Mercury rises for Canadians in Italy

CROSS-COUNTRY SKIING

Harvey, Valjas snatch up long-awaited World Cup gold

Canadians Alex Harvey and Lenny Valjas won gold in the team sprint on Sunday at a cross-country skiing World Cup race in Toblach, Italy.

Harvey, from Saint Ferreol-les-Neiges, Que., and Toronto's Valjas both played air guitar on their skis in the finish area after winning in 16 minutes 2.11 seconds.

"This feels absolutely great. Team wins are always special. To share this with Lenny and all of the wax staff is awesome," said Harvey, who has regularly been in the top 10 this year, and captured the bronze-medal two weeks ago in the fourth stage of the seven-race Tour de Ski.

Alex Harvey, left,and Lenny Valjas won team-sprint gold on Sunday in Italy. ANDREA SOLERO/ ANSA VIA THE ASSOCIATED PRESS

It was the first time Canada has won a team sprint event since Harvey and Devon Kershaw won the gold medal in the classic team sprint at the 2011 World Championships in Norway.

The 28-year-old Canadian duo advanced to the finals after finishing fourth in the semifinals of the 6x1.3 kilometre relay. The top four teams in each of the two heats advance to the final along with the next seven fastest times. Athletes each ski three laps each, handing off to their teammate after each loop.

Led by Valjas, the Canadians stayed out of trouble near the middle of the pack where they put their focus on the exchanges on a tight and winding course.

Grinding out each leg, Valjas began to make the initial move for the Canadians on the third leg, which forced the pack to stretch out.

THE CANADIAN PRESS

WINTER SPORTS

In Watles, Italy

Marielle Thompson of Whistler, B.C., saved her best run for last on Sunday, winning gold in women's ski cross while Calgary's Brady Leman took silver in the men's World Cup event.

In Winterberg, Germany

Calgary's Elisabeth Vathje and Ottawa's Mirela Rahneva won gold and bronze respectively on in a skeleton World Cup event.

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NBA's future stars come to town

Top basketball prospects compete in Mississauga showcase

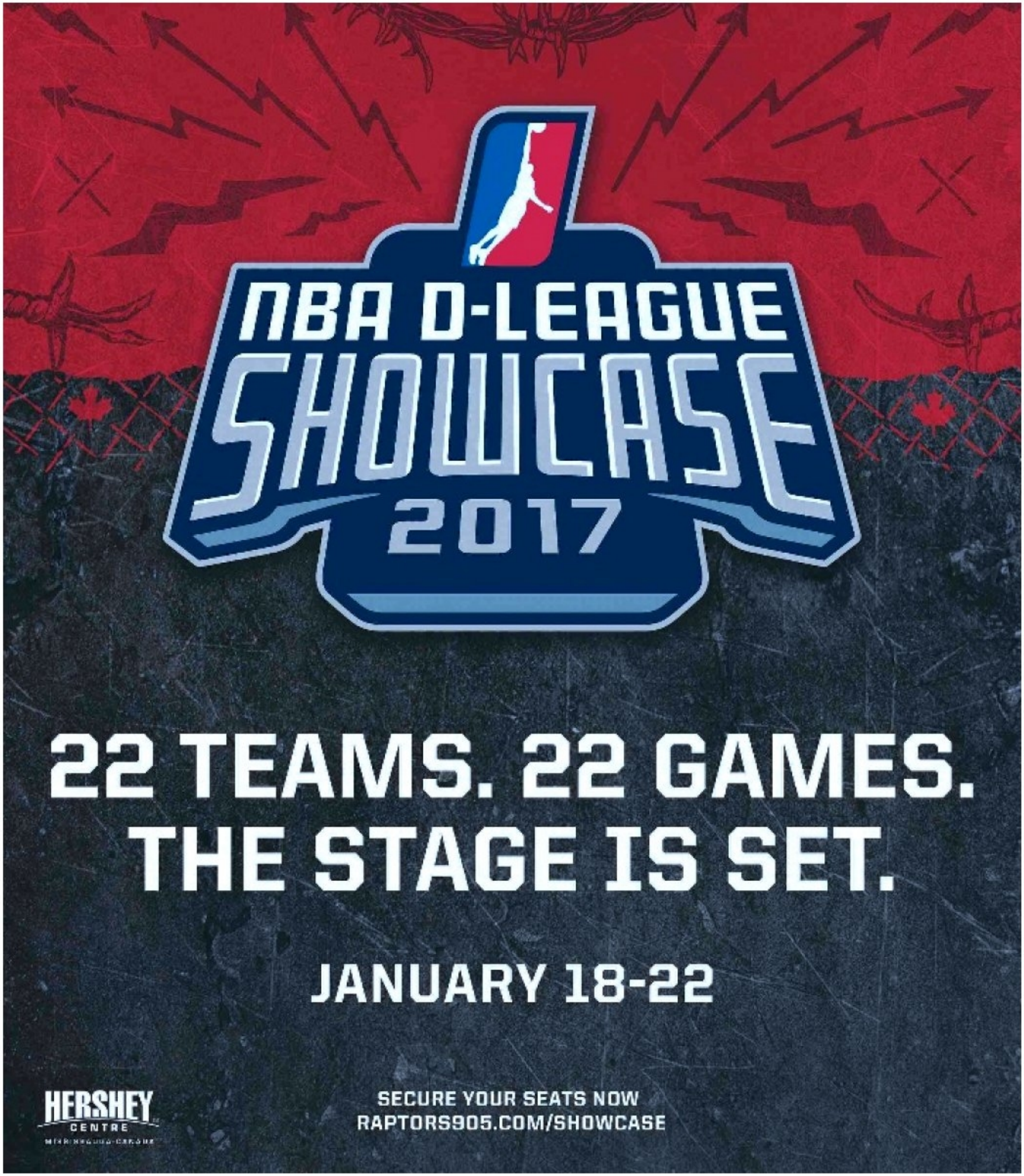
The best is yet to come. That's what the 2017 NBA D-League Showcase promises fans who want an early look at pro basketball's future stars.

From Jan. 18 to 22, the Hershey Centre in Mississauga — home to Raptors 905, the NBA Development League affiliate of the Toronto Raptors — will host each of the league's 22 teams in a display of skill and savvy for both basketball fans and scouts from all 30 NBA teams. The Showcase is the league's premier event, a chance for some of its top players to show their stuff in the hopes of landing an NBA contract.

This year's standouts include Briante Weber, a guard for the Sioux Falls Skyforce (affiliated with the NBA's Miami Heat) and one of the NCAA's all-time best defensive players. Ray McCallum, a 2nd-round NBA draft pick, is another hot prospect, a quick-handed guard for the Grand Rapids Drive (the Detroit Pistons' farm team). Two-time NBA D-League All-Star Vander Blue also comes to town. The dynamic guard led his team, the Los Angeles D-Fenders (affiliated with the Lakers) to the D-League Finals last season.

Bowl seats start at $13, or sit courtside for $30. For the full schedule and to reserve your seats, visit raptors905.com/showcase.

The NBA D-League Showcase brings future NBA stars to Mississauga's Hershey Centre, Jan. 18–22. CONTRIBUTED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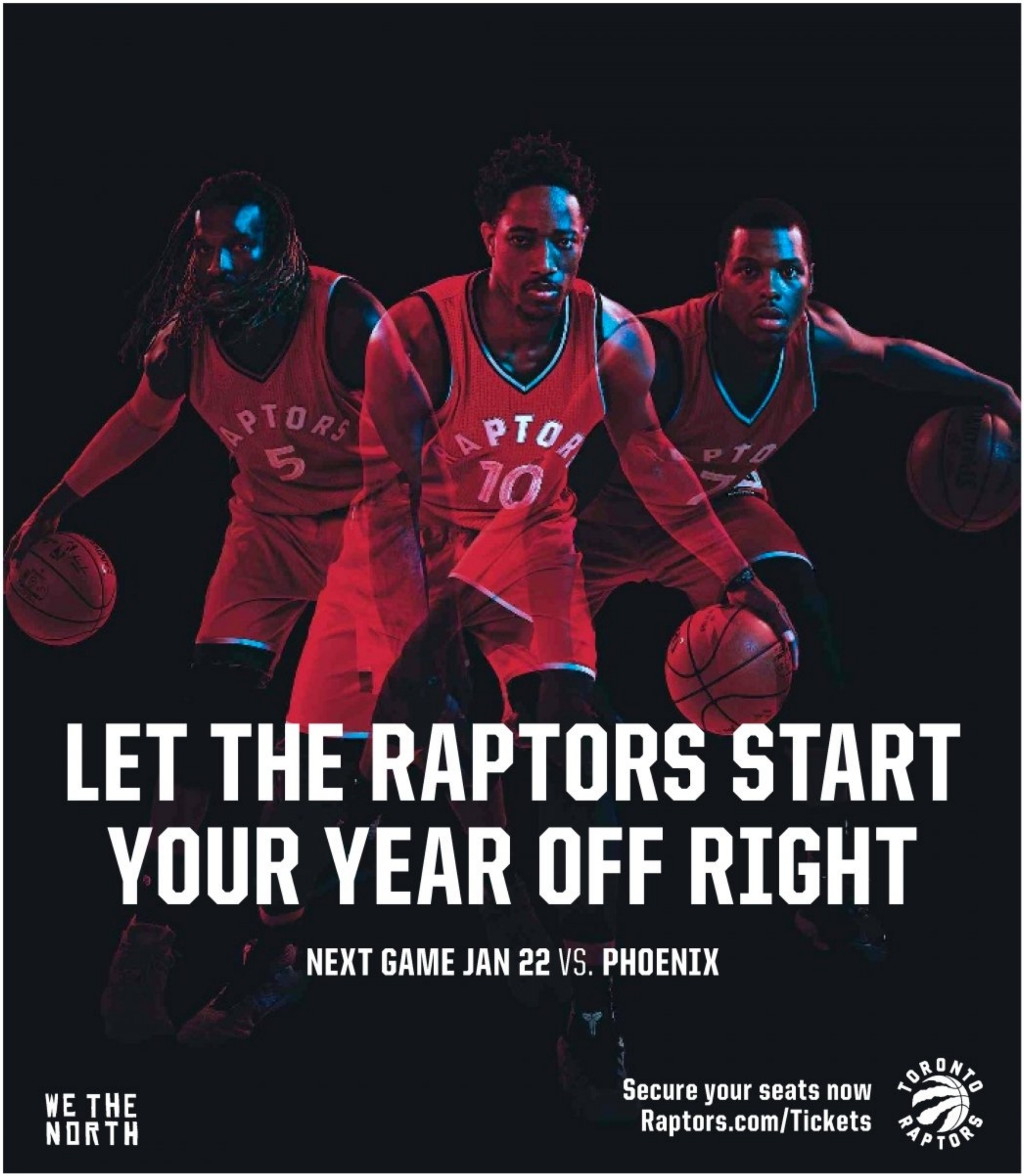
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No Pep in City's step after rout

This loss means **Pep Guardiola** will now be under pressure at big spending City. GETTY IMAGES

PREMIER LEAGUE

Title bid dented for Guardiola's men as United, Liverpool draw

Pep Guardiola endured the heaviest league defeat of his coaching career as Manchester City was thrashed 4-0 by Everton in the Premier League on Sunday to plummet further out of title contention.

Two weeks after a 1-0 loss at Liverpool, City had more misery on Merseyside following goals by Romelu Lukaku, Kevin Mirallas, 18-year-old midfielder Tom Davies and 19-year-old debutant Ademola Lookman.

City has now lost three of its last four matches away, with the latest setback for Guardiola coming at the hands of a team managed by his former Barcelona teammate, Ronald Koeman. The team had dropped out of the top four — into fifth place — following wins for Tottenham and Arsenal on Saturday, and is now 10 points behind first-placed Chelsea.

The title is looking out of reach for City now, though, just when things appeared to be looking up after a 5-0 win at West Ham in the FA Cup last week.

In Manchester at Old Trafford, Zlatan Ibrahimovic equalized late for Manchester United to salvage a 1-1 draw against fierce rival Liverpool in a result that damaged both teams' Premier League title chances. Ibrahimovic cancelled out James Milner's 27th-minute penalty by glancing a header in off the crossbar in the 84th minute at Old Trafford.

Liverpool ended United's nine-game winning run in all competitions but dropped seven points behind first-placed Chelsea. Sixth-placed United was 12 points off the leader. THE ASSOCIATED PRESS

DIVISION TABLE

	GP	W-D-L	Pts.
Chelsea	21	17-1-3	52
Tottenham	21	13-6-2	45
Liverpool	21	13-6-2	45
Arsenal	21	13-5-3	44
Man City	21	13-3-5	42
Man United	21	11-7-3	40
Everton	21	9-6-6	33
West Brom	21	8-5-8	29
Stoke City	21	7-6-8	27
Burnley	21	8-2-11	26
Bournemouth	21	7-4-10	25
West Ham	21	7-4-10	25
S'hampton	21	6-6-9	24
Watford	21	6-5-10	23
Leicester	21	5-6-10	21
Middlesbrough	21	4-8-9	20
Crys. Palace	21	4-4-13	16
Hull City	21	4-4-13	16
Sunderland	21	4-3-14	15
Swansea	21	4-3-14	15

Champions League
Europa League
Relegation

LA LIGA

Sevilla twice scored late — including an 85th-minute own goal by Ramos — to come from behind after Cristiano Ronaldo opened the scoring to end Real Madrid's 40-game unbeaten streak and move within one point of its rival atop the Spanish league with a 2-1 victory on Sunday.

Steven Jovetic then scored Sevilla's winner two minutes into injury time to give Madrid its first defeat since a 2-0 loss at Wolfsburg in April. THE ASSOCIATED PRESS

Sergio Ramos GETTY IMAGES

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MAKE IT TONIGHT

Creamy Black Bean Soup

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This soup will bring you to warmer temperatures of the Southwest.

Ready in 50 minutes
Prep time: 20 minutes
Cook time: 30 minutes
Serves 4

Ingredients
For the soup:
- 2 or 3 slices bacon
- chopped (optional)
- glug of olive oil
- 1 onion, chopped
- 3 cloves of garlic, minced
- 2 carrots, chopped small
- 2 stalks of celery, chopped
- 1 bunch cilantro, washed well, stems minced (keep leaves for salsa)
- 1 tsp cumin
- 2 19-oz cans of black beans, rinsed
- 1 litre container low sodium chicken stock
- pinch of pepper

For the Salsa:
- 1/2 ripe avocado, diced
- 1 lime, juiced
- 1/2 tomato diced
- handful of cilantro leaves
- 1 Tbsp of olive oil
- pinch of chili pepper, minced (add more if you want more kick)

Directions
1. In a heavy-bottomed large pot, saute bacon in a bit of olive oil over medium until they crisp. Add onion, garlic, cilantro stalks, carrots and celery and allow to soften, about 5 minutes. Add cumin and cook for another minute. Pour in rinsed beans and stock. Cover and simmer up to 40 minutes over very low heat. Stir every 5 minutes.

2. Chop up your salsa ingredients and let them sit together in a bowl to let flavours develop.

3. Take soup off heat and cool. Use a blender to puree in small batches or an immersion blender to make a puree. Season to taste. Serve plain or with plain yogurt and salsa.

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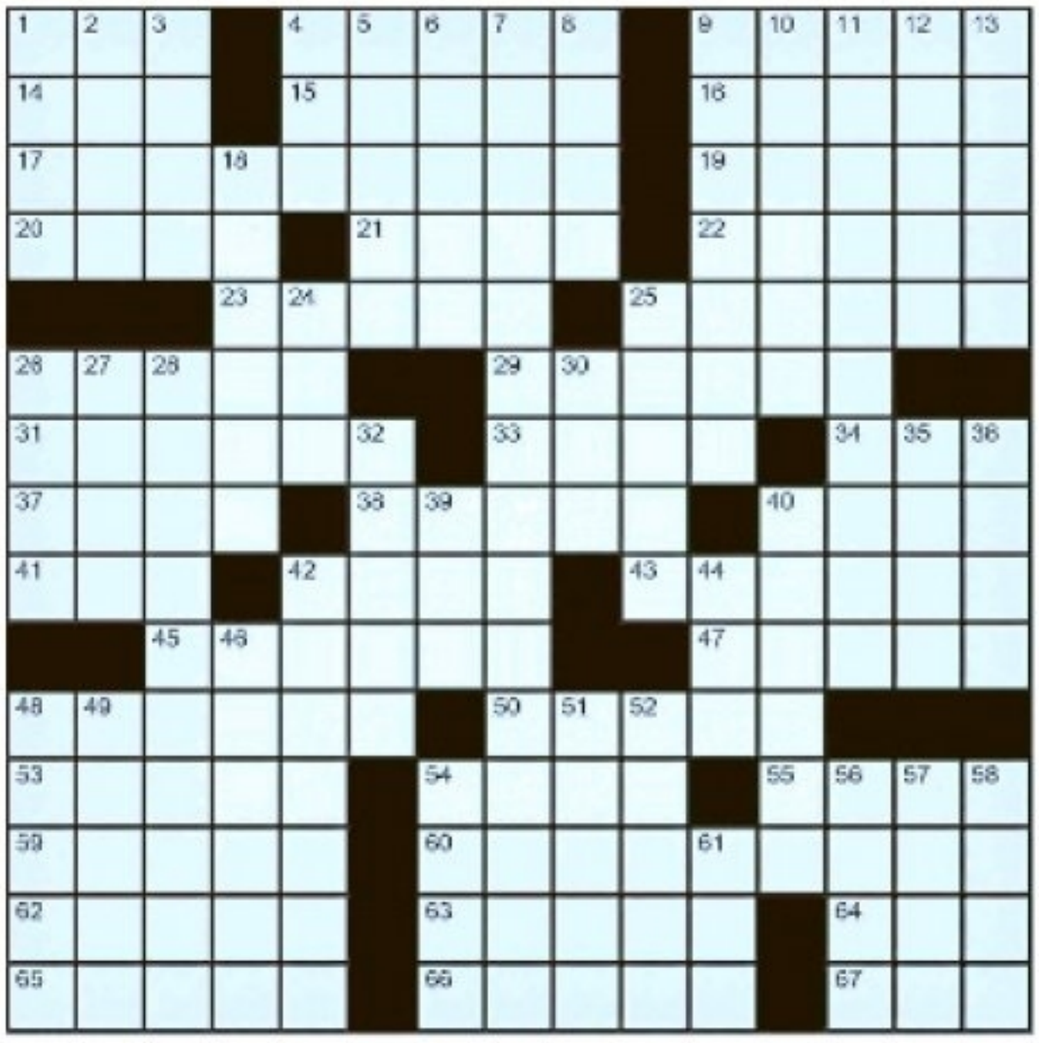
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Alfred E. Neuman's magazine
4. Montrealer's 'thanks'
9. Stinging insects
14. Pres. Lincoln
15. Declares with certainty
16. Nifty neckwear
17. 'We Are Experiencing _ Difficulties'
19. Marshy tract
20. Blackthorn fruit
21. Lounge/idle
22. Veronica Lodge's father in Archie Comics
23. Hoarse
25. They're used in the prep of apple desserts
26. Someone sulking
29. "You _ Be Dancing" by The Bee Gees
31. State not attached to The States
33. Lemony
34. Aye
37. Delicate, as doilies
38. Tree _ (Forest 'chair')
40. Legendary Canuck comedy sketch series
41. 'Impress' suffix
42. CEO's "Now!"
43. Beethoven's 'Moonlight'
45. Deli sandwich ingredient
47. Ceremonies
48. Wine from Spain
50. Harped on
53. Second Cup offering
54. Shredded cabbage
55. Hint
59. Ancient seaport of Rome
60. Silverware maintenance chore
62. War horse
63. Barbra Streisand/Ryan O'Neal movie, "The Main _" (1979)
64. Charles Dickens: Bleak House girl
65. He met Sally in the rom-com
66. Cut orange portion
67. Bryan's co-singers on "All for Love", Sting and _

DOWN
1. Front hallway rugs
2. Genesis son
3. Art _ (Design style)
4. "I'm Your _" by Leonard Cohen
5. Wickednesses
6. Summary
7. Ryan Gosling romantic comedy of 2011 starring Steve Carell: 3 wds.
8. Tropical vacation spot
9. Clunker
10. Whirling
11. Chicken
12. Like an expedition waaaay up north
13. Bouquet 'handles'
18. Unorthodox belief
24. Sacred chest
25. Beatles business, Apple _
26. French Sudan, now
27. Antarctica's Prince _ Coast
28. One up ahead in a field of racers
30. Spotlight lover
32. Ore evaluation
35. 'Bachelor' suffix
36. Ms. Gardner's
39. Tartan-decorated topper
40. Stool pigeon
42. "Wow! That was quick!"
44. Basketball's li'l Magic city
46. More creatively crafty
48. Splash
49. "_ la vista, baby." - The Terminator
51. As the lines in corduroy fabric
52. Southfork family on the famous prime time soap
54. Disgorge
56. Beguiler
57. Nullify
58. "Holy cow!"
61. Female saint in France [abbr.]

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Be patient with others at work today, because this is a tough day for everyone. People are quick to anger, and they also are quick to be critical and gloomy.

Taurus April 21 - May 21
This is a tough day for romance. Romantic quarrels might break out, especially about money and shared possessions. Parents must be patient with their kids.

Gemini May 22 - June 21
Discussions with partners and family members are difficult today. Do your best to avoid family arguments. Put a lid on things. (You won't regret it.)

Cancer June 22 - July 23
This is a quarrelsome day, especially with siblings, relatives and neighbours. Knowing this ahead of time, you can practice patience and set the bar for everyone.

Leo July 24 - Aug. 23
Your financial scene might depress you today. Perhaps you will have an argument with someone about money or possessions, especially when having to do with your kids. Just be cool.

Virgo Aug. 24 - Sept. 23
The main thing today is to avoid arguments with partners, close friends and family members — especially older family members. You don't need this.

Libra Sept. 24 - Oct. 23
You might be annoyed with someone today, but feel you cannot speak up. This is just as well, because everyone is argumentative today. It's not good!

Scorpio Oct. 24 - Nov. 22
Avoid quarrels with friends or members of groups today, especially about money or possessions. Let's face it — there is never enough money. That's how it works.

Sagittarius Nov. 23 - Dec. 21
This is a poor day to get into an argument with a boss or parent, because it could turn nasty. People are easily discouraged and critical today. Take the high road.

Capricorn Dec. 22 - Jan. 20
Avoid controversial subjects like politics, religion and racial issues today, because they will become unpleasant.

Aquarius Jan. 21 - Feb. 19
Disagreements about inheritances and shared property are likely today, especially if an old friend is involved. This is a poor day to resolve anything. Therefore, be courteous and cooperative.

Pisces
Feb. 20 - March 20
Conversations with partners and close friends will disappoint you today because people are standoffish, cold and judgmental. Yikes! It happens.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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9	5		1		4			
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	1		7			5		
4		8			9		1	
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		6				9		

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5	1	6	3	2	8	7	9	4
4	8	3	6	9	7	1	5	2
6	2	8	1	4	5	3	7	9
9	4	7	2	6	3	8	1	5
3	5	1	8	7	9	2	4	6
1	3	9	5	8	6	4	2	7
2	6	5	7	1	4	9	3	8
8	7	4	9	3	2	5	6	1

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